



NOVEMBER 2024



PB&J offered daily


We offer a variety of fruits & vegetables daily. You must take at least one serving with each meal but can take as many as you like.



ACE'S CORNER

Breakfast Prices
Paid: \$1.75
Reduced: \$0.30

Lunch Prices
Paid: \$3.00
Reduced: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Ham & Cheese Flatbread 1 <hr/> Pizza Fish Sandwich Ham & Cheese Sandwich Orange Glazed Carrots
Cinnamon Raisin Bagel 4 <hr/> Carnitas Taco Hot Dog Turkey & Cheese Bagel Steamed Broccoli	5 <p style="text-align: center; font-size: 2em;">No School</p>	Cinn Sugar Donut Holes 6 <hr/> Fall Brunch Plate Cheeseburger Turkey Chef Salad Roasted Carrots	Mixed Berry Scone 7 <hr/> French Toast & Sausage Corn Dog Popcorn Chx Salad Green Beans	Pancake Sausage Stick 8 <hr/> Pizza Fish Sandwich Ham & Cheese Sandwich Refried Beans
Breakfast Pizza 11 <hr/> Beef Nachos Hot Dog Turkey & Cheese Bagel Roasted Cauliflower	Chx Snack Wrap 12 <hr/> Mach & Cheese w/ Mini Corn Dogs Hot Dog Turkey & Cheese Bagel Black Beans	Apple Cinnamon Square 13 <hr/> Popcorn Chx Bowl Cheeseburger Turkey Chef Salad Mashed Potatoes	Turkey Sausage Bagel 14 <hr/> Spaghetti & Meatballs Corn Dog Popcorn Chx Salad Buttered Broccoli	Maple Bacon Donut 15 <hr/> Pizza Fish Sandwich Ham & Cheese Sandwich Steamed Carrots
Bosco Stick 18 <hr/> Watchos Hot Dog Turkey & Cheese Bagel Black Beans	Blueberry Muffin Square 19 <hr/> Taco Tuesday Hot Dog Turkey & Cheese Bagel French Fries	Sausage & Cheese English Muffin 20 <hr/> Waffle & Sausage Cheeseburger Turkey Chef Salad Roasted Carrots / Corn	Cereal 21 <hr/> THANKSGIVING MEAL Turkey, Dressing, Mashed Potatoes & Gravy, Roll and Dessert Peas	Iced Cinnamon Roll 22 <hr/> RICE KRISPIE TREAT DAY Pizza Fish Sandwich Ham & Cheese Sandwich Salad
Bacon, Egg & Cheese Flatbread 25 <hr/> Eggroll & Fried Rice Hot Dog Turkey & Cheese Bagel Peas	Cinnamon Biscuit 26 <hr/> Backyard Burger Hot Dog Turkey & Cheese Bagel Buttery Corn	 <p>Thanksgiving Break No School</p>		

TASTE THE SUNSET

Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.

DISCOVER: TANGERINES

A close cousin of the mandarin orange, these citrusy sunshine fruits range from sweet to tart. In season late October through January, tangerines are a low-calorie snack bursting with vitamins, fiber, and antioxidants.



MANGOES: Hearty dose of folate, fiber, & vitamins C & A
Peak Season: May-September



PUMPKINS: Loaded with fiber, protein, & vitamins K & C
Peak Season: September-November



CHALLENGE OF THE MONTH: MAKE A HAPPINESS BOX



A happiness box is a great resource for when you feel worried, anxious, or scared. Decorate an old shoebox with bright colors and other happy things. Then fill the box with things that make you happy— a favorite book, photos that make you smile, pieces of candy, a soft toy, a letter from a loved one, etc. Now whenever you need a pick-me-up, your happiness box can help you feel better.



ACE'S RECIPE OF THE MONTH:

AUTUMN FRUIT SALAD*

Serves 4

INGREDIENTS:

- 6 Oranges
- 1 Pomegranate
- Sprinkle of sugar
- 1 Teaspoon of ground cinnamon
- 1 Cup concord grape juice
- Splash of lemon juice
- 2 Cinnamon sticks
- 1 tablespoon of honey



PREPARATION:

1. Peel the oranges, removing as much of the white parts as possible.
2. Cut oranges into slices and place in a serving bowl.
3. Add pomegranate seeds, sugar, cinnamon, and cranberry and lemon juices, and mix gently.
4. Then add the cinnamon sticks and the honey and keep in the fridge until serving.



***DO NOT attempt to cook or slice without adult supervision.**